

CRM LESSON PLAN REPORT

FINISHING TECHNIQUES (BASIC)

071-FRGAB004 / 02.0 ©

Approved
30 Apr 2018

Effective Date: 30 Apr 2018

SCOPE:

During this period of instruction, students will learn to perform and demonstrate Basic Combatives Finishing Techniques. The student will correctly apply the identified techniques in accordance with TC 3.25-150; Perform the following techniques: Rear Naked Choke; Cross Collar Choke from the Mount and Guard; Sleeve Choke from the Mount and Guard; Straight Arm Bar from the Mount; Straight Arm Bar from the Guard, and Sweep from the Attempted Straight Arm Bar.

Distribution Restriction: Approved for public release; distribution is unlimited.

Destruction Notice: None

Foreign Disclosure: FD1 - This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

SECTION I. ADMINISTRATIVE DATA

All Course
Masters/POIs
Including This
Lesson

Courses

<u>Course Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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None

POIs

<u>POI Number</u>	<u>Version</u>	<u>Title</u>	<u>Phase</u>	<u>Status</u>
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9E-F10/950-F6 (MC)	02.0 ©	Basic Combatives	0	Analysis
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Task(s)
Taught(*) or
Supported

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Reinforced
Task(s)

<u>Task Number</u>	<u>Task Title</u>	<u>Status</u>
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Knowledge

<u>Knowledge Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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071-OPN-0017	Safety Procedures	No	Yes
805P-K-0102	Muscle Anatomy	No	Yes
805P-K-0149	Posture and Body Mechanics (Soldier Physical Performance)	No	Yes
K26154	Apply learning theory styles within an adult learning environment	No	Yes
K26801	Warrior Ethos	No	Yes

Skill

<u>Skill Id</u>	<u>Title</u>	<u>Taught</u>	<u>Required</u>
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071-CMD-0018	Instill Confidence	No	Yes
071-CMD-0023	Instill Discipline	No	Yes
805P-S-0115	Follow Army regulatory guidance	No	Yes
S1494	Navigate the Army Combat Readiness/Safety Center (USACRC) website	No	Yes
S0411	Ability to practice safety at all times.	No	Yes

Administrative/
Academic
Hours

The administrative/academic (50 min) hours required to teach this lesson are as follows:

<u>Academic</u>	<u>Resident Hours / Methods</u>		
Yes	6 hrs	35 mins	Drill and Practice
Yes	0 hrs	20 mins	Discussion (Small or Large Group)
Total Hours(50 min):			
	7 hrs	5 mins	

**Instructor
Action
Hours**

The instructor action (60 min) hours required to teach this lesson are as follows:

Hours/Actions

0 hrs	10 mins	Classroom Breakdown
0 hrs	10 mins	Classroom Setup
0 hrs	10 mins	Facilitate Discussion
0 hrs	30 mins	In Processing
0 hrs	30 mins	Out Processing
0 hrs	10 mins	Student Counseling

Total Hours (60 min): 1 hrs 40 mins

Test Lesson(s)

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

**Prerequisite
Lesson(s)**

<u>Hours</u>	<u>Lesson Number Version</u>	<u>Lesson Title</u>
None		

**Training
Material
Classification**

Security Level: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

**Foreign
Disclosure
Restrictions**

FD1. This training product has been reviewed by the training developers in coordination with the G2, MCoE, and Fort Benning GA 31905 foreign disclosure officer. This training product can be used to instruct international military students from all approved countries without restrictions.

References

<u>Number</u>	<u>Title</u>	<u>Date</u>
AR 350-1	ARMY TRAINING AND LEADER DEVELOPMENT	10 Dec 2017
ATP 3-34.5	Environmental Considerations	10 Aug 2015
ATP 5-19 (Change 001 09/08/2014 78 Pages)	RISK MANAGEMENT	14 Apr 2014
TC 3-25.150	Combatives	31 Mar 2017
TC 3-34.489	The Soldier and the Environment.	08 May 2001

**Student Study
Assignment**

Student Study Assignments defined:

1. Study...Master the details of the subject and fix them in your mind through application of the study process (survey, question, read, review, and recite). Prepare to test on the subject (orally, written, and/or performance).
2. Read...Be proficient in the subject for discussion in the classroom. Prepare to take one or more practical exercises on the subject (orally, written, and/or performance).
3. Scan...Be familiar with the topic(s). Read the topic sentence of each paragraph. Prepare to participate in checks on learning during classroom discussion (orally, written, and/or performance).
4. Review...Review is used for material previously discussed in class. Review all notes, Advance Sheets, and any material related to the class as applicable.

You the student must read the following pages from TC 3-25.150 before attending class: pages 3-31 through 3-38, 3-43; 4-43, 4-44, and 4-78 through 4-88.

**Instructor
Requirements**

1. Primary instructor must be a graduate of the Combatives Master Trainer Course (CMTC) and the alternate instructor a Tactical Combatives graduate or a CMTC graduate.
2. Completion of the Common Faculty Development Program-Instructor Course (CFDP-IC).

**Support
Personnel
Requirements**

None

**Additional
Support
Personnel
Requirements**

Name

Student
Ratio

Qty

Man
Hours

None

**Equipment
Required
for Instruction**

ID - Name

Student
Ratio

Instructor
Ratio

Spt

Qty

Exp

4110-01-485-3548 - Chest, Ice Storage,
White, 162 Quart Capacity
Remarks:

1:36

0:0

No

0

No

4120-01-481-6048 - Cooler, Air,
Evaporative
Remarks:

2:36

0:0

No

0

No

4470-01-359-2799 - 1050 Notebook,
Special
Remarks:

1:36

0:0

No

0

No

6515-01-541-8147 -
SUPPORT,CERVICAL
Remarks:

1:36

0:0

No

0

No

6530-00-405-5391 - Litter-Splint,
Extrication, Metal, Carrying Case, with
Zipper, Adjustable Strap
Remarks:

1:36

0:0

No

0

No

6530-01-380-7309 - Litter, Folding, Rigid
Pole 91.60 Inches
Remarks:

1:36

0:0

No

0

No

6530-01-464-4424 - Pad, Cooling,
Chemical, Instant, Non-Toxic, Non-
Caustic, 5 X 8 Inch
Remarks:

6:36

0:0

No

0

No

6545-01-572-9963 - Medical Equipment
Set Combat Lifesaver
Remarks:

1:36

0:0

No

0

No

6645-00-126-0286 - Stopwatch
Remarks:

6:36

0:0

No

0

No

6685-01-590-1047 - Monitor, Heat Stress:
Questemp 44
Remarks:

2:36

0:0

No

0

No

6730-01-484-2886 -
SCREEN,PROJECTION
Remarks:

0:0

0:0

No

0

6730-01-C15-8387 - Projector Overhead,
Portable TY SZ STY : PT-F200U
Panasonic
Remarks:

0:0

0:0

No

0

6910-01-C05-2267 - Mat, Floor: Zebra
Mats Z700
Remarks:

23:18

0:0

No

0

No

6910-01-C05-3780 - Interval Timer, High
Intensity: Pit Ring
Remarks:

0:0

0:0

No

2

No

7210-00-081-1417 - Sheet, Bed Cotton
White
Remarks:

12:36

0:0

No

0

No

7250-00-089-3827 - Can, Military
Remarks:

6:36

0:0

No

0

No

7330-00-781-3859 - Jug, Insulated, 5
Gallon
Remarks:

1:36

0:0

No

0

No

7730-01-C91-4112 - Television LED
HDTV, 26LD350, LG Electronics U.S.A.
Inc.
Remarks:

1:36

0:0

No

0

No

8960-01-430-4378 - Ice, 8 Pounds
Remarks:

8:36

0:0

No

0

No

(Note: Asterisk before ID indicates a TADSS.)

**Materials
Required***Instructor Materials:*

Lesson Plan, PowerPoint slides of content, Practical Exercise, Student Handouts as needed, visitor's folder, white board, dry erase markers, and references pertaining to this lesson plan.

Student Materials:

Lesson Plan, PowerPoint slides of content, Student Handouts as needed, and references.

Student must have uniform, mouth piece and water source.

**Classroom,
Training Area,
and Range
Requirements**

<u>ID - Name</u>	<u>Quantity</u>	<u>Student Ratio</u>	<u>Setup Mins</u>	<u>Cleanup Mins</u>
17120-108630-36 General Instruction Building, 108630 Square Foot, 36 Persons Remarks: Taught in Building 933, on Main Post FBG.	1	0:0	0	0
17136BEL3-36 CRXXIB-EL3: Classroom XXI Automation-Aided Instructional Building Advanced Technology-Enhanced Level 3, 36 Persons Remarks: Located Main Post FBG, Building 933.	1	0:0	0	0
85210-3700 Organizational Vehicle Parking, Paved, 3700 Square Yard Remarks: Parking used by Students, Instructors and Visitors.	1	0:0	0	0

**Ammunition
Requirements**

<u>DODIC - Name</u>	<u>Exp</u>	<u>Student Ratio</u>	<u>Instruct Ratio</u>	<u>Spt Qty</u>
None				

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material.

NOTE: Before presenting this lesson, instructors must thoroughly prepare by studying this lesson and identified reference material. To prevent injuries, the instructor must consider the following safety precautions before conducting Combatives training:

- a. Supervise all practical work closely and constantly. Never leave a group unsupervised.
- b. Familiarize the Soldiers with each maneuver by a complete explanation and demonstration before they attempt the moves.
- c. Do not allow the Soldiers to get ahead of the instruction.
- d. Ensure the training partner offers resistance, but allows the maneuver to be freely executed during the learning stages and while perfecting the techniques.
- e. Ensure there is adequate space between Soldiers during practical work, for example, allow at least an 8-foot square for each pair of Soldiers.
- f. Ensure that Soldiers empty their pockets, and remove their jewelry, and identification tags before training.
- g. Stress that only simulated strikes to vital points, such as the head, neck, and groin areas are to be executed.
- h. Ensure that Soldiers understand the use of both physical tapping and verbal signals to indicate to the partner when to stop the pressure in grappling and choking techniques.
- i. Make sure Soldiers warm up and stretch properly before practical work.
- j. Teach and practice fall before conducting throws.
- k. Ensure that the Soldier to be disarmed does not place his finger in the trigger guard during rifle and bayonet disarming.
- l. Make sure Soldiers keep scabbards on knives and bayonet firmly attached to rifles while learning bayonet disarming methods.
- m. use bayonet scabbards or rubber knives during knife disarming training.

NOTE: Two demonstrators a (Tactical or Master Trainer) will perform the technique at combat speed, assistant instructor must not allow student to get ahead.

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

General Lesson Guidance:

1. Two (Combative Master Trainers) or (Tactical Combative Instructor) will act as demonstrators and perform the techniques at combat speed.
2. The instructor will then talk the two demonstrators through the technique using the step-by-step method of instructions.
3. The instructor will have the student pair up and "drill" the technique slowly, while observing the student pairs and illuminating any key points.
4. Review presentation and develop a list of questions to use during class.
5. Have on hand identified reference material linked to lesson plan.
6. Review and properly prepare conference / discussion material presented.
7. Ensure all equipment listed for this lesson plan (LP) is present, operable, and set up for use before class.
8. Refer to the practical exercise, Appendix C, of this lesson plan. If required, develop additional situations to use during the practical exercise.
9. PowerPoint users: Ensure the SLI file you are using has been called up using Microsoft PowerPoint Viewer and SLI / slide 1 is showing on the screen before class.

10. Whenever noted, slides are available to assist in explanation of task steps. Use slides as needed during class or practical exercise to reinforce training. The instructor may choose to use / not use the LP SLIs as developed, modify the existing SLIs content / order or insert new material as is necessary based on audience analysis to assist in Soldier learning. Changes must be annotated as a pen / ink changes on the vault file master LP, be approved through the Senior Instructor and 316th CAV Development Team notified. Content must support lesson objectives.

11. Whenever necessary, ask leading questions of Soldiers in order to prompt Soldier discussion.

12. Most materials associated with this LP are provided to resident AC Soldiers in digital format loaded on their school issued laptop computers unless stated in instructional notes. TASS BN instructors will have to issue all necessary materials to Soldiers in hard copy unless they have individual Soldier laptop / digital capability.

13. Encourage Students to relate their first hand experiences during the activities.

14. Facilitate this lesson using appropriate methodologies.

15. Control group activities using appropriate Instructor techniques.

Instructor will utilize the current OE, CALL Lessons Learned/ OIL to draw interest and apply relevance during their Instructional Lead in and to solicit feedback/ draw upon Soldiers' experiences.

Instructor will implement approved Lessons Learned that affect existing lesson plans and programs of instruction without resource implications (resource growth). These changes can be made to lesson plans and POIs by way of redlining the documents and updating lesson plans in the TDC database. Recommended changes will be forwarded to the MCoE Training Directorate in order to affect changes/updates to the POI for submission to TOMA, G3 TRADOC. This phase is conducted by the Squadron and followed up by the Brigade L2I representative to verify actions have been completed. For changes which require additional resources or growth, the Brigade will develop a rationale submission, and submit to DOTD to go through the MCoE resource approval process.

<http://call.army.mil>

This Lesson Supports the Course Outcome:

1. Demonstrate the ability to gain a dominant position.
2. Demonstrate the ability to finish the fight.

3. Apply Basic Combatives Techniques

This lesson supports the following General Learning Outcome:

1. Soldiers and Civilians proficient in leader attributes and competencies.
2. Soldier and Civilians proficient in character, competence, and commitment as trusted Army Professionals.
3. Soldier and Civilians demonstrate proficiency in mission command philosophy.
4. Soldier and Civilians demonstrate capacity in creative-critical thinking.
5. Soldier and Civilians demonstrate proficiency in communications skills.
6. Soldier and Civilians demonstrate demonstrate proficiency in cultural awareness, cross cultural competencies in the strategic environment of 2025 and beyond.
7. Soldier and Civilians pursue Comprehensive Fitness/ Resiliency Skills and Performance Enhancement Skills.
8. Soldier and Civilians pursue Lifelong learning, self-assessment, and goal setting.
9. Soldier and Civilians support Army Policies, programs, and processes.
10. Soldier and Civilians are technically and tactically competent.

Consideration during Facilitations:

Keys to facilitation

A. Create action in the classroom

1. Avoid lecturing
2. Engage students in learning through activities

B. The classroom layout sets the tone

1. What layout is best for the desired setting?
 - a. Group work: tables and semi-private or secluded workspaces
 - b. Take focus off of the instructor and placed on the group but still allowing interaction with the instructor

C. Create expectation in students that they will participate in learning

1. This is difficult if students have been conditioned to be passive learners
 - a. Be patient and provide guidance and positive reinforcement
 - b. As students succeed they will change their expectations

D. Some will continue to want to be passive learners despite your best efforts – do not be discouraged, eventually they may participate or other students may influence them to participate

Tips for facilitating discussion:

1. Get all of the students involved

- a. Use small groups discussing the same idea to include all students
- b. Inattentive students should be redirected back to the group
- c. Move the discussion around the class

2. You don't have to comment on each person's contribution

3. Paraphrase: check your understanding and the students

4. Redirect an inaccurate or incorrect statement to the class for correction

5. Elaborate – suggest a new way, even when the student seems to have answered the question correctly

6. Energize – quicken your responses, use appropriate humor

7. Disagree (gently) or play devil's advocate
8. Mediate differences in opinion
 - a. Mediation is a balancing act; try to keep the discussion going without interjecting yourself as the authority
 - b. Encourage students to back up their statements with facts
 - c. Remind everyone to respect differing opinions
9. Pull together ideas
10. Allow students to summarize what occurred in the discussion group
11. Provide follow-up information for additional study or reading

**Proponent Lesson
Plan Approvals**

<u>Name</u>	<u>Rank</u>	<u>Position</u>	<u>Date</u>
Mark Fariello	Not available	Approver	30 Apr 2018

SECTION II. INTRODUCTION

Method of Instruction: Discussion (Small or Large Group)
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 10 mins

Motivator

Instructor will facilitate a brief Soldiers' discussion on the lesson plan motivator. A motivator can be in the form of a discussion, short demonstration, or video that should:

1. Provide relevance and significance to the lesson.
2. Gain Soldier's interest and focus the Soldier's on what they are to learn.
3. Explain why the Soldier's need to perform the learning objective and the consequences of nonperformance.
4. Explain the actual job or battlefield conditions that make mastering the terminal learning objective essential for the Soldiers.
5. Cadre will utilize OE, CALL Lesson Learned/OIL to draw interest and apply relevance.

Terminal Learning Objective

NOTE. Inform the students of the following Terminal Learning Objective requirements.

At the completion of this lesson, you [the student] will:

Action:	Employ Basic Combatives Finishing Techniques.
Conditions:	As a buddy team, in an approved Combatives training environment IAW TC 3.25-150, while wearing sterile ACUs and appropriate footgear (if Outdoors).
Standards:	At the completion of this lesson, you (the students) will have met the following: <ol style="list-style-type: none">1. Demonstrate the Rear Naked Choke2. Demonstrate the Cross Collar Choke3. Demonstrate the Bent Arm Bar4. Demonstrate the Sleeve Choke5. Demonstrate the Straight Arm Bar from the Mount6. Demonstrate the Straight Arm Bar from the Guard7. Demonstrate the Sweep from the Attempted Straight Arm Bar8. Demonstrate Scissors Sweep
Learning Domain - Level:	Psychomotor - Precision

**Safety
Requirements**

NOTE: Instructors will immediately address any disrespectful behavior, unsportsmanlike conduct, or overly enthusiastic Soldiers during the practical exercises. While an increase in resistance creates more realistic training for the Soldiers, it can also lead to overly competitive displays of strength and frustration. Bruised egos, hurtful pride, and inexperience can all quickly become safety hazards in the classroom environment. To facilitate this, instructors should foster an environment of respect among Soldiers as well as exercise control while training.

NOTE: The most common injury in ground grappling occurs to the Soldier's ribs. The cause of these injuries is often improper transition from position to position. It must be stressed to students that while transitioning from one position to another, space between the Soldiers must be minimized. The Soldier moving to the dominant position must continually strive to stay tight to their training partner. Not only is this safer, but will preclude allowing space for the Soldier to escape the position.

Classroom:

1. There are no special safety considerations for this lesson. Instructors will use the facility Standing Operation Procedure (SOP) to provide a safety brief as part of the introduction. Soldiers will react to any emergency situation In Accordance With (IAW) the facility SOP.
2. In the event of a fire, Soldiers will exit the classroom in an orderly manner (last one out closes the door); meet at the location the Primary Instructor has designated; class leader will hold an accountability formation and report his findings to Primary Instructor.
3. In the event of severe weather or tornado, Soldiers will exit the classroom in an orderly manner; move to the location the Primary Instructor has designated (basement or center of building); class leader will hold an accountability formation and report his findings to Primary Instructor.

Field:

1. Soldiers will be given a safety brief. Seasonal conditions affecting weather, daylight, and night will affect maneuver and Training.
2. Risk assessment level will be determined by the Instructor in the field IAW applicable MCoE Policies and the approved DD Form 2977 (Deliberate Risk Assessment Worksheet) SEP 2014.
3. Senior Instructor will conduct a daily risk assessment IOT identify changed conditions.

**Risk Assessment
Level**

Low - The operations officer, in cooperation with the principal instructor, will prepare a risk assessment using the before, during, and after checklist and the risk assessment matrixes contained in Risk Management FM 5-19.

Assessment: None

Controls: None

Leader Actions: None

**Environmental
Considerations**

NOTE: Instructor should conduct a risk assessment to include environmental considerations IAW the current environmental considerations publication, and ensure students are briefed on

hazards and control measures.

NOTE: Instructor should conduct a Risk Assessment to include Environmental Considerations

IAW FM 3-34.5, Environmental Considerations {MCRP 4-11B}, and ensure students are briefed on hazards and control measures.

Based on its commitment to environmental protection, the Army will conduct its operations in ways that minimize environmental impacts. It is the responsibility of all Soldiers, DA civilians and Government Contractors to protect the environment from damage.

**Instructional
Lead-in**

1. The instructor will verify the classrooms, ranges and/or training areas have been scheduled.
2. The instructor will ensure all training materials, equipment is available and operational. Ensure that there is adequate space between Soldiers during all practical work (i.e., allow at least an 8-square-foot training space for each Soldier).
3. The instructor will set-up the classroom, range and/or training area at a minimum of 30 minutes prior to the start of training.
4. Instructor will identify the technique to present and paraphrase the instructional lead-in.
5. Two demonstrators (Combatives Master Trainers or Tactical Combatives Instructor qualified) will perform the technique at combat speed.
6. The instructor will then talk the demonstrators through the technique using the step-by-step method of instructions.
7. The instructor will then talk the students through the technique using the step-by-step method of instructions.
8. The instructor will have the student pairs "drill" the technique slowly, while observing the student pairs and illuminating any key points. Do not allow Soldiers to get ahead of the instruction.
9. As needed, the instructor will repeat steps three and four until students are proficient at the technique.

SECTION III. PRESENTATION

TLO - LSA 1. Learning Step / Activity TLO - LSA 1. Perform Rear Naked Choke

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Rear Naked Choke.
2. Demonstrate the proper procedures and techniques in performing Rear Naked Choke.

NOTE 1: The two types of chokes are Blood Chokes and Air Chokes. A Blood Choke involves obstructing the carotid arteries on both sides of the enemy combatant's neck. If the Soldier fails to obstruct both sides of the enemy combatant's neck, a blood choke will be ineffective and fail to render the enemy combatant unconscious. An Air Choke involves obstructing or crushing the trachea of the enemy combatant so that they cannot effectively get air into their lungs.

NOTE 2: Soldier should position his/her elbow notch against the trachea. Externally, the enemy's chin will line up with the elbow.

NOTE 3: If the enemy tucks his/her chin to prevent the choke, Soldier should apply upward pressure to the bottom of your opponent's nose to force their head back. Do this by keeping fingers extended and joined with the palm facing the enemy combatant's face and by using the bony knuckle of the index finger to create pressure on the nose. Angle the bottom of the hand away from your opponent's mouth to prevent bites.

NOTE 4: Instructors should remind Students of the advantages of "Disruptive Techniques" to motivate an enemy combatant to comply. Control should be exercised when implementing these techniques against training partners and fellow Soldiers.

Objective: To neutralize the enemy from a Dominant Body Position to reduce or eliminate the Soldier's risk and safety.

The Rear Naked Choke

Chokes are fundamental techniques in neutralizing an enemy combatant. Chokes should be applied from dominant positions so as not to jeopardize the Soldier's safety. The rear naked choke is able to slow the flow of blood in the carotid arteries, and can eventually render your enemy unconscious for a short period of time.

NOTE 5: The two types of chokes are Blood Chokes and Air Chokes. A Blood Choke involves obstructing the carotid arteries on both sides of the enemy combatant's neck. If the Soldier fails to obstruct *both sides* of the enemy combatant's neck, a blood choke will be ineffective and fail to render the enemy combatant unconscious. An Air Choke involves obstructing or crushing the trachea of the enemy combatant so that they cannot effectively get air into their lungs.

1. Soldier begins in the Rear Mount.
2. Soldier leaves the under-hook in place and sneaks the hand of his/her over-hook arm around the enemy combatant's neck so that the bicep and forearm rest against the enemy combatant's carotid arteries on both sides (either side of the trachea/Adam's Apple).

NOTE 6: Soldier should position his/her elbow notch against the trachea. Externally, the enemy combatant's chin will line up with the elbow.

3. Soldier removes the under-hook from under the enemy combatant's arm while maintaining control of the enemy's head with his/her over-hook and grasps his/her under-hook bicep with the over-hook hand.

4. Soldier makes a fist with the hand of the under-hook and moves it to the back of the enemy combatant's head (knowledge knot).

NOTE 7: If the enemy combatant tucks his/her chin to prevent the choke, Soldier should apply upward pressure to the bottom of your opponent's nose to force their head back. Do this by keeping fingers extended and joined with the palm facing the enemy combatant's face and by using the bony knuckle of the index finger to create pressure on the nose. Angle the bottom of the hand away from your opponent's mouth to prevent bites.

NOTE 8: Instructors should remind Students of the advantages of "Disruptive Techniques" to motivate an enemy combatant to comply. Control should be exercised when implementing these techniques against training partners and fellow Soldiers.

5. Soldier pinches shoulder blades together and expands chest to finish the choke.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier

explanations.

Instructor should ask the students the following questions:

QUESTION 1: From what position should the rear naked choke be employed? Why?

ANSWER: Only from the rear mount. With hooks set inside the inner thigh of the enemy combatant, the Soldier will be able to complete the choke even if the enemy combatant attempts to turn away and escape.

QUESTION 2: What type of choke, blood or air, is the rear naked choke?

ANSWER: Blood choke.

QUESTION 3: Why should the over hook arm be anchored to the bicep of the opposite arm?

ANSWER: It allows you to secure the choke and allows the Soldier to utilize their back muscles for the leverage to complete the choke.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

TLO - LSA 2.

Learning Step / Activity TLO - LSA 2. Perform Cross Collar Choke From Guard, Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 1 hr

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Cross Collar from the Guard and Mount.
2. Demonstrate the proper procedures and techniques in performing Cross Collar Choke from the Guard and Mount.

NOTE 1: To facilitate with less confusion while teaching this technique, Instructors will designate a “Working Side” for this technique. The “working side” is whichever side that the Soldier chooses to open the enemy's collar (Step 1).

The Cross Collar Choke from the Mount and Guard

This is a blood choke that can only be employed when your enemy is wearing a durable shirt or top. This choke should be performed from either the Mount (top position) or the Guard (bottom position).

1. Soldier opens the Enemy Combatant's same-side collar with their working side hand.
2. Soldier reaches across their body and inserts the non-working side hand into the collar and secures it on the side that is opened.

NOTE 2: When in the Guard, the Soldier must change the angle to position themselves for this choke.

NOTE 3: Soldier reaches just behind the enemy combatant's earlobe and grasps his/her collar with the fingers on the inside and the thumb on the outside.

3. Soldier releases the grip of the working-side hand and drives the non-working side forearm across the enemy combatant's neck under the chin to force his/her chin up and away.
4. Soldier slides the working side hand under the non-working side forearm and across the enemy combatant's neck and secures the enemy's opposite-side collar.

NOTE 4: Use the same grip to secure the collar (fingers on the inside, thumb on the outside) behind the enemy combatant's earlobe.

5. Soldier turns wrists so that the palms face the Soldier and pulls the enemy combatant into them.
6. Soldier expands chest, pinches shoulders together, and brings elbows to his/her hips to finish the choke.

NOTE 5: When conducting this technique from the mount, Soldier posts his/her head forward on the ground, over the top arm.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier explanations. Instructor should ask the students the following questions:

QUESTION 1: From what position can the Soldier perform the Cross-Collar Choke?

ANSWER: Mount and Guard.

QUESTION 2: How should the Soldier secure the enemy combatant's collar when performing the Cross-Collar Choke?

ANSWER: The Soldier should secure the enemy combatant's collar on both sides with their fingers inside of the collar and thumb outside of the collar.

QUESTION 3: On which side of the enemy combatant's head does the Soldier post his/her head when attempting to finish the Cross-Collar Choke from the Mount?

ANSWER: The Soldier posts his/her head on the same side as the Soldier's top arm.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

TLO - LSA 3. Learning Step / Activity TLO - LSA 3. Perform Sleeve Choke

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing
2. Demonstrate the proper procedures and techniques in performing

SLEEVE CHOKE

Unlike other choking techniques, the sleeve choke does not require the enemy combatant to wear a shirt with a collar. This choke uses the Soldier's own sleeve to choke the enemy.

***WARNING: For training purposes, Soldiers will hold chokes only until their training partner taps. Holding the choke for lengthy periods may cause permanent injury or death.**

NOTE 1: To facilitate confusion when teaching this technique, Instructors should identify one arm as the working side/action side and one arm as the non-working

side/preparation side.

1. Soldier reaches the non-working side arm underneath the enemy combatant's head (Mount) or around the back of their neck (Guard).
2. Soldier secures the cuff of the sleeve of the working side arm with the arm that is behind the enemy combatant's head.

NOTE 2: Soldier should secure their own sleeve with fingers on the inside and thumb on the outside.

3. Soldier makes a fist with the working side hand and drives it across the enemy combatant's neck so that his/her forearm is across the enemy combatant's neck.

NOTE 3: Soldiers should be cautious of getting their hand too close to the mouth of an enemy combatant.

NOTE 4: Soldiers can forcefully drive their fist across the jaw line of an enemy if they are unable to position their forearm appropriately around an enemy's neck.

4. Soldier straightens arms to finish the choke.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier explanations.

Instructor should ask the students the following questions:

Question 1. What should the Soldier do if s/he is unable to position his/her arm across the enemy combatant's neck?

ANSWER: The Soldier should forcefully drive his/her fist across the enemy combatant's jaw, making sure to stay away from the mouth.

Question 2. How should the Soldier secure their own sleeve during the Sleeve Choke?

ANSWER: The Soldier should secure their own sleeve with the fingers inside of the cuff and thumb on the outside.

Question 3. From what positions can a Soldier perform the Sleeve Choke?

ANSWER: Mount and Guard

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Bent Arm Bar from the Mount and Side Control.
2. Demonstrate the proper procedures and techniques in performing Bent Arm Bar from the Mount and Side Control.

BENT ARM BAR FROM THE MOUNT AND SIDE CONTROL

The bent arm bar is a joint lock that attacks the shoulder girdle. This technique can be employed from either the Mount or Side Control. Conduct this technique when the enemy combatant uses a vertical block technique (Mount) or during Side-Control.

NOTE 1: As with any submission technique, Soldiers will apply this shoulder lock using slow, steady pressure, and release as soon as their training partner taps.

1. Soldier pins the enemy combatant's wrist and elbow to the ground with thumb-less grips.

NOTE 2: From Mount Soldiers should use the opposite-side hand to control the enemy combatant's wrist and the same-side hand to control the enemy combatant's elbow. From Side-Control Soldiers should use the hand closest to the enemy combatant's head to control the opponent's wrist and the hand closest to their hips to secure their elbow.

NOTE 3: The elbow of the Soldier's hand that controls the enemy combatant's elbow will be in the neck notch of the enemy combatant.

2. Soldier places their head on the back of their hand that secures the enemy combatant's wrist to protect their face from strikes.

NOTE 3: Soldiers should ensure they maintain a good base of balance when they place their head on the enemy combatant's wrist to avoid the enemy combatant possibly rolling them over before they can complete the technique.

3. Soldier releases the grip on the enemy combatant's elbow, reaches underneath the

enemy combatant's elbow, and secures his/her own wrist with a thumb-less grip (Figure-four).

NOTE 4: Turning the enemy combatant's locked wrist to the outside of their body will tighten the shoulder girdle and improve the success of this technique.

4. Soldier drags the enemy combatant's elbow towards his/her waistline on the same side to eliminate the range of motion of the shoulder joint.
5. Soldier lifts the enemy combatant's elbow and "sweeps" the ground with the back of his/her hand to dislocate the shoulder.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations. Instructor should ask the students the following questions:

QUESTION 1: What type of grips does the Soldier utilize to pin the enemy combatant's wrists to the ground?

ANSWER: Thumb-less grips for both grips.

QUESTION 2: Where does the Soldier place their head to better secure the enemy combatant's wrists and to protect their face from potential strikes?

ANSWER: The Soldier should place their head on the back of their hand that secures the enemy's wrist.

QUESTION 3: From what positions can a Soldier perform the Bent Arm Bar?

ANSWER: Mount and Side Control.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

TLO - LSA 5. Learning Step / Activity TLO - LSA 5. Perform Straight Arm Bar from the Mount

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Straight Arm Bar from the Mount.

2. Demonstrate the proper procedures and techniques in performing Straight Arm Bar from the Mount.

Straight Arm Bar from the Mount

The trigger for the straight arm bar from the mount is when the enemy combatant presents straight arms. This can be provoked by smothering the enemy combatant and having him/her attempt to push the Soldier off of them or by delivering blows to the enemy combatant's face which will cause them to either attempt to block the punches or attempt to create space by extending their arms to push the Soldier away.

NOTE 1: This is a joint lock designed to damage the elbow. While the straight arm bar can be done from any dominant position, the first one learned will be from the mount position. The elbow joint lock can be done safely in sparring as long as *slow steady pressure* is applied during the submission and the joint lock is released as soon as the training partner taps.

1. Soldier isolates the enemy combatant's straight arm by placing their opposite-side hand in the middle of the enemy's chest between his/her arms and by looping their same-side arm around the targeted arm.

NOTE 2: The Soldier's hands will form a "T" in the middle of the enemy combatant's chest.

2. Soldier places all of his/her weight on the enemy combatant's chest, raises to his/her feet in a very low squat, and uses their knees to apply pressure to the outside of the enemy's elbows on both sides.

NOTE 3: Be conscious not to raise your hips. This will allow a window in which the enemy combatant could escape.

NOTE 4: Pressure from the Soldier's knees prevents the enemy combatant from pulling away his/her arm.

3. Soldier turns their body 90 degrees to face the targeted arm on the same side of the enemy combatant's body.

NOTE 5: While turning, keep a slight forward posture, stay in a very low squat, and continue to apply pressure on the enemy's chest to prevent escape.

4. Soldier posts the foot nearest to the enemy's head in the enemy's opposite-side neck notch.
5. Soldier slides his/her hips down the targeted arm and simultaneously pulls up on the enemy combatant's arm.

NOTE 6: Soldier should attempt to keep his/her buttocks as tight to the enemy combatant's arm as possible.

6. Soldier secures the enemy combatant's wrist with both hands using thumb-grips (Baseball Bat Grip).

7. Soldier pulls heels tight against the enemy combatant's neck and torso, keeping the enemy tight against his/her buttocks, and squeezes his/her knees together tightly.

NOTE 7: The enemy combatant's arm should be secured between the Soldier's thighs and should *not* be touching the Soldier's groin.

NOTE 8: Isolate the elbow joint by trapping only the biceps/triceps region between your legs.

8. Soldier ensures that the enemy combatant's thumb is pointed skyward.

9. Soldier traps the enemy combatant's wrist on his/her chest and arches his/her hips skyward to break the enemy combatant's arm at the elbow joint.

NOTE 9: Soldiers will apply slow, steady pressure when practicing this technique with their training partner and will immediately release the arm bar when their training partner taps.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier explanations. Instructor should ask the students the following questions:

QUESTION 1: What is the trigger for the Straight Arm Bar from the Mount and how does a Soldier provoke it?

ANSWER: The trigger is when the enemy combatant presents relatively straight arms. This can be provoked by aggressively striking or smothering the enemy combatant.

QUESTION 2: What is maintaining pressure on the enemy combatant throughout the entire technique so important?

ANSWER: The enemy combatant has an opening to escape the technique if the Soldier does not maintain constant pressure.

QUESTION 3: What part of the enemy combatant's arm does the Soldier trap between his/her legs in this

technique?

ANSWER: The Soldier traps the enemy combatant's arm above the elbow and as close to the enemy combatant's shoulder as possible.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

TLO - LSA 6. Learning Step / Activity TLO - LSA 6. Perform Straight Arm Bar from the Guard

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Straight Arm Bar from the Guard.
2. Demonstrate the proper procedures and techniques in performing Straight Arm Bar from the Guard.

Straight Arm Bar from the Guard

Being on one's back on the ground can be a very dangerous position. The enemy combatant has the ability to strike, apply chokes, and utilize weapons from within a Soldier's guard. The trigger for the Straight Arm Bar from the Guard is when the enemy combatant straightens his/her arms, whether in an attempt to choke the Soldier, secure his/her arms, or apply pressure to the Soldier's chest to stand up. Once the enemy combatant gives the enemy combatant straight arms, the Soldier can apply arm locks to diminish his/her ability to fight.

1. Soldier begins in the Guard.
2. Soldier secures the enemy combatant's same-side arm at or above the elbow.

NOTE 1: Soldier will secure this arm for the entire duration of the technique.

3. Soldier drives his/her opposite side hand under the enemy combatant's thigh on the side opposite the targeted arm. The hand should be palm up.
4. Soldier opens the Guard and brings legs up high on the enemy combatant's torso.
5. Soldier pulls his/her own body perpendicular to the enemy combatant with the hand that is behind the enemy combatant's thigh by bringing his/her head to the enemy combatant's knee.

NOTE 2: The Soldier's same-side leg should be located underneath the enemy combatant's armpit. The Soldier should use this leverage to break down the

enemy combatant's posture by driving their head forward towards the ground.

6. Soldier places the same-side leg as the arm s/he is attacking over the enemy combatant's head and pulls them down by pulling his/her heels to his/her buttocks and pinching together at the knees.
7. Soldier releases the enemy combatant's thigh and secures the enemy combatant's trapped arm at the wrist with a thumb-grip with both hands (baseball bat grip).
8. Soldier rotates the enemy combatant's wrist so that their thumb points up and pushes up with his/her hips to break the enemy combatant's arm at the elbow.

NOTE 3: Soldiers will apply slow, steady pressure when practicing this technique with their training partner and will immediately release the arm bar when their training partner taps.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier explanations. Instructor should ask the students the following questions:

QUESTION 1: What type grip should the Soldier utilize when finishing the Straight Arm Bar from the Guard?

ANSWER: Thumb-grip with both hands around the enemy combatant's wrist (Baseball Bat Grip)

QUESTION 2: After the Soldier pulls him/herself perpendicular to the enemy combatant, where should they place their far-side foot?

ANSWER: The Soldier should place their far-side foot in the enemy's far-side neck notch.

QUESTION 3: How long should the Soldier maintain control of the enemy combatant's arm after s/he initiates this technique?

ANSWER: The Soldier should maintain control of the enemy combatant's arm until the very last step when they secure a baseball-bat grip on the enemy's wrist.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 30 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Sweep from the Attempted Straight Arm Bar.
2. Demonstrate the proper procedures and techniques in performing Sweep from the Attempted Straight Arm Bar.

SWEEP FROM THE ATTEMPTED STRAIGHT ARM BAR

When a Soldier attempts to apply the straight arm bar from his/her guard, the enemy combatant might tuck his/her head to avoid the arm bar. Should this occur, do not abandon the position- simply change the attack to sweep your opponent and establish the Mount

***WARNING: When performing this technique, the training partner being swept must keep his/her toes in line with or inside of his/her ankles to prevent injury.**

1. Soldier begins technique from Step 5 of "Employ the Straight Arm Bar from the Guard" technique.
2. Soldier pull the enemy combatant's knee as close to his/her head as possible in order to position his/her body perpendicular to the enemy combatant.

NOTE: Do not release control of the targeted arm.

3. Soldier swings the leg that was unable to hook the enemy combatant's head in a big circle, originating from the Soldier's head and following a path to the bottom of the enemy combatant's far-side leg.
4. With the leg that is hooked under the enemy's armpit, Soldier drives the enemy combatant's head towards the ground.
5. Soldier uses the momentum from the leg that is swinging in a circle to sweep the enemy and to roll on top of them.
6. Soldier establishes the Mount.

NOTE: Instructors should reinforce Cross-Body Mechanics after every sweep or roll.

Check on Learning:

Assess the Soldiers developing (skill/knowledge/situational awareness) by observation, questions and Soldier explanations. Instructor should ask the students the following questions:

QUESTION 1: What is the trigger for the Sweep from Attempted Straight Arm Bar?

ANSWER: If the Soldier is unable to hook the enemy combatant's head with the far-side foot, the Soldier should then sweep the enemy combatant.

QUESTION 2: In what position will the Soldier end after a successful sweep?

ANSWER: Mount

QUESTION 3: What is a way that the Soldier can break down an enemy combatant's posture?

ANSWER: The Soldier can drive the enemy's head towards the ground with the leg underneath the enemy's armpit.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

TLO - LSA 8. Learning Step / Activity TLO - LSA 8. Perform Passing the Guard with Strikes

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Passin teh Guard with Strikes.
2. Demonstrate the proper proceduures and techniques in performing Passing the Guard with Strikes.

Passing the Guard with Strikes

Strikes are a good way to “soften” the enemy up or distract then long enough to allow the Soldier to pass

1. The Soldier keep their head close to the enemy's chest and then drives both hands up the center of the body and then out to control their arms at the biceps and then give the enemy a couple of head-butts.

NOTE: Do not give headbutts with the center of the forehead as this could result in a Soldier injuring their own nose.

2. The Soldier stands up one leg at a time and change their grip to one hand on the jacket, then pushes their hips slightly forward still maintaining control of the bicep. With the free hand the Soldier strikes the enemy a couple of times in the head.

NOTE: At this point the enemy may release the grip with their legs. If they do not, while the enemy is distracted by the Soldier's strikes, then the Soldier steps back with one leg and pushes their hand through the opening this is referred to as an [Alternate].

3. The Soldier presses inward with their knees, causing the opponent's leg to stick out so that the Soldier can reach behind one of them. The Soldier can refer back to the [Alternate] by stepping back with one leg and pushing their hand through the opening.

4. If necessary, the Soldier can apply an additional alternate position by placing their hand on their own knees and squats to break the grip of the enemy's legs. The Soldier gains control of the enemy's leg and passes normally.

5. The Soldier secures the enemy's opposite collar and rotates the same-side knee down and the rear knee up the enemy, then passes normally.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, questions and Soldier explanations.

Instructor may ask the following questions:

Question 1. What equipment should the Soldier utilize to deliver effective headbutts?

Answer. The Alternate Choke Hold [ACH]

Question 2. What can the Soldier do if strikes alone does not cause the enemy to release the Guard?

Answer. Return to option one and continue to pass and achieve a dominant position on the ground.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concept have been covered.

TLO - LSA 9. Learning Step / Activity TLO - LSA 9. Perform Striking from Side Control

Method of Instruction: Drill and Practice

Mode of Delivery: Resident Instruction

Instr Type (I:S Ratio): Military - ICH (1:12)

Time of Instruction: 30 mins

Media Type: Unassigned

Other Media: Unassigned

Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Striking from Outside Control.
2. Demonstrate the proper procedures and techniques in performing Striking from Outside Control.

NOTE: Striking from side control enables the Soldier to improve their position or create an opening for a better attack.

1. While keeping their head low to eliminate the enemy's ability to deliver a blow to the head, the Soldier moves the hand closest to their enemy's head into their armpit.
2. The Soldier then moves their other arm around their enemy's head and clasps their hands together, then leans their shoulder into their enemy's chin to keep it pointed away from them which makes it difficult for the enemy to turn their body toward the Soldier to regain the guard.

NOTE: Raise yourself to your knees and push your knees tightly into the enemy's side under his arms.

3. The Soldier traces their opponent's body with their knee to raise their opponent's arm until the arm is pinched between the enemy's head and the Soldier's knee. This clears the way for knee strikes, then the Soldier points the toes of their other foot skyward and drives their knee into their enemy's ribs.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Instructor may ask the students the following questions:

Question 1. What is the purpose of strikes from the Side Control?

Answer. For the Soldier to improve their position.

Question 2. What part of the enemy's body should the Soldier attack with his or her knee?

Answer. The ribs

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

Method of Instruction: Drill and Practice
Mode of Delivery: Resident Instruction
Instr Type (I:S Ratio): Military - ICH (1:12)
Time of Instruction: 45 mins
Media Type: Unassigned
Other Media: Unassigned
Security Classification: This course/lesson will present information that has a Security Classification of: FOUO – For Official Use Only.

Objectives:

1. Understand the proper procedures and techniques in performing Defending Against Strikes in the Guard.
2. Demonstrate the proper procedures and techniques in performing Defending Against Strikes in the Guard.

1. Defending Against Strikes in the Guard: Close

As with standup fighting, the best method to avoid strikes is to stay very close to the enemy (controlling the range is the key) to success.

NOTE 1: Conduct this technique when an enemy attempts to punch from within the guard.

a. As the enemy attempts to strike the Soldier, the Soldier pulls them together forward with their closed guard while the Soldier moves his hands through the middle securing around the back of the enemy's head, then pulls the enemy down.

NOTE 2: Use one hand to pull, and the other to push the enemy's head to avoid headbutts. The Soldier tucks his head in and avoid punches with his elbow.

b. When the Soldier's ribs are attacked, the Soldier uses his or her elbows to frame the enemy's arms and moves his knees under the enemy. The Soldier hooks his hands over the enemy's upper arms pulling them towards the Soldier's knee. The Soldier points his or her knees outward to prevent the enemy from bringing their arms back for a strike.

NOTE 3: A Soldier uses their knees to protect against strikes to their ribs and their arms to protect against strikes to their head.

2. Defending Against Strikes in the Guard: Middle

a. The Soldier slides their hands over their enemy's upper arms and works his feet up to their enemy's hips and positions their knees in front of their enemy's shoulders.

NOTE 4: A Soldier uses their knees to defend strikes.

b. The Soldier hooks their hands over their enemy's upper arms to keep their enemy

from bringing their arms back for a strike.

NOTE 5: If the enemy moves their arms to free them, the Soldier must respond to maintain control. If they get an arm loose and are able to prepare for a big strike, the Soldier lifts their hips and pushes their same-side knee up to increase the distance. The Soldier reaches their arm across to cover their face. When their enemy tries to land the strike, the Soldier guides their arm over their knee and resumes the controlling position with their hands.

3. Defending Against Strikes in the Guard: Far

NOTE 6: Conduct this technique when an enemy turns to pull away to stand up.

- a. The Soldier transitions their grip on their enemy's wrist and places their feet onto their enemy's hips to control their posture. The Soldier then kicks their enemy's chin driving them off balance and prepares to Stand in Base.
- b. The Soldier sits up with their enemy, the Soldier then assumes a Stand in Base posture and kicks with their bottom leg to create space.
- c. Once space is created, the Soldier Stands in Base and is ready to counterattack.

Check on Learning:

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Instructor may ask the students the following questions:

Question 1. What is the best way for a Soldier to avoid effective Strikes in the Guard?

Answer. To stay very close to the enemy.

Question 2. How does a Soldier prevent Strikes to the ribs?

Answer. The Soldier Frames the arms of the enemy.

Review Summary:

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION IV. SUMMARY

Method of Instruction:	Discussion (Small or Large Group)
Mode of Delivery:	Resident Instruction
Instr Type(I:S Ratio):	Military - ICH (1:12)
Time of Instruction:	10 mins

Check on Learning

Assess the Soldiers developing (skills/knowledge/situational awareness) by observation, question and Soldier explanations.

Review/Summary

Facilitate brief discussion with students to determine if lesson objectives/concepts have been covered.

SECTION V. STUDENT EVALUATION

Testing Requirements

1. This lesson plan will be informally assessed/evaluated during class using checks on learning such as questions and answers and a practical exercise that is performance based.
2. This lesson plan will be formally assessed/evaluated in (LP Number) in accordance with the Individual Student Assessment Plan (ISAP). See training schedule for time.
3. Evaluation determines whether a standard was met; success or failure
4. Assessment provides feedback on performance; Strengths, Areas of Improvement, and Insights.

Feedback Requirements

Feedback is essential to effective learning. Instructor will give formative verbal feedback to students throughout the lesson.

Appendix A - Viewgraph Masters

Finishing Techniques (Basic)
071-FRGAB004 / Version 02.0 ©

Sequence	Media Name	Media Type
None		

Appendix B - Assessment Statement and Assessment Plan

Assessment Statement: None.

Assessment Plan: None.

Appendix C - Practical Exercises and Solutions

PRACTICAL EXERCISE(S)/SOLUTION(S) FOR LESSON 071-FRGAB004 Version 02.0 ©

Appendix D - Student Handouts

Finishing Techniques (Basic) 071-FRGAB004 / Version 02.0 ©

Sequence	Media Name	Media Type
None		